

Ifakara Tanzania

Positive changes are happening in Ifakara. Learn more about how we're supporting children and girls' rights through our collaborative, equality-driven work.

In 2024, Cyclone Hidaya severely impacted Ifakara in Morogoro, causing flooding, infrastructure damage, worsening poverty, and increasing violence against vulnerable groups like young girls, pregnant women, and the elderly, further limiting their opportunities.

This year, Plan's initiatives focus on empowering young people, especially women and girls. We trained 13 community resource persons in village savings and loans, business management, gender equality, financial literacy, and life skills to promote sustainable development.

Additionally, 756 children in Plan's sponsorship program received health insurance, reducing at-risk deaths and illnesses in Ifakara.



Children participating in Plan's initiatives.

"After this program, I feel confident to address child marriages and teenage pregnancies and make informed decisions." - Minza, 15-year-old, Sponsored Child



Impact in Numbers

2,458

children received educational materials

531

parents provided with access to microloan services

307

children now have access to social services

Breaking the Silence around Menstruation.



NAME:

Grace

AGE:

14 years old

DREAMS TO BE:

A Nurse



“I can now sew my own sanitary pads by using locally available products. I have also helped 13 fellow students sew their sanitary pads with local materials.”

Meet Grace

Grace, a 14-year-old in Standard Seven, is passionate about science and loves to spend her free time singing gospel songs and hanging out with friends. She lives with her parents and siblings in a small house made of burnt blocks with a metal roof, which has three bedrooms. Her parents are dedicated livestock farmers, raising cows and goats for food and sale. Inspired by her desire to make a difference, Grace dreams of becoming a nurse and hopes to positively impact both her family and community.

Lack of Awareness about Menstrual Health

In Tanzania, limited information about menstrual health leaves young girls ill-prepared to manage their menstruation and hygiene. Additionally, traditional gender norms have fostered discriminatory attitudes towards menstruation, making it difficult for many girls to discuss menstrual health and hygiene issues with their families.

To avoid embarrassment and inconvenience, Grace has had to miss school during her menstruation days, resulting in poor attendance and performance in her class.

Breaking Barriers

To support girls' education in a safe environment, Plan has launched menstrual health and hygiene workshops in schools and communities. Grace has learned about menstrual hygiene management, the science of menstruation, and how to make and use reusable sanitary pads.

These workshops have empowered her and her classmates to confidently address menstrual health, helping to break the silence and reduce cultural stigma in their community.



Girls making reusable sanitary pads in schools.

We Work With 2,458 Sponsored Children in Ifakara

Projects That Support Lasting Change

Empowering Women

In Ifakara, gender-based violence and forced early marriages trap women and girls by limiting their education and economic opportunities, crippling their future prospects.

In collaboration with the community and government, Plan is empowering young women and girls by raising awareness of their rights and advocating for essential services like education, hygiene, and economic support.

This effort led to the development of 32 latrines with changing rooms in five schools, focusing on menstrual aid for girls.

Plan also promoted the importance of women-owned businesses and employment, encouraging community members to value women's participation in village savings and loans associations, which are crucial for supporting small businesses.



Latrines are being constructed in schools as part of Plans' Lead Participation initiative.

640

women were trained in small businesses and savings



Parents participating in child protection and economic empowerment activities.

Sustainable Saving

Harmful cultural practices like forced child marriages and gender-based violence, both within and outside households, disrupt education, endanger health, and perpetuate cycles of poverty and violence in Ifakara.

Plan collaborates with the community to challenge harmful gender norms that hinder child rights and prevent women from accessing economic opportunities. Through our initiatives, 756 sponsored children including 428 girls, and 328 boys were given academic materials which would support them to complete their studies and improve their grades.

Additionally, by providing start-up kits to seven youth savings and loan groups with 97 members, we supported families and young people to engage in income-generating activities such as chicken farming, beekeeping, tailoring, and growing fruit trees. The goal was to increase family and youth especially women and young girls' incomes to combat poverty.



Ester, 20-year-old, using her sewing machine to tailor clothes for her customers.

"Thanks to the YSLA loan, I purchased a sewing machine and fabric materials, which allowed me to start my business and financially support my mother."

- Ester (20) from Ifakara

You're Supporting a More Equal Future



Parents participating in positive parenting programmes.

Together, we're working to create a more just world.

In Ifakara, 42% of children experience child rights violations. Next year, Plan will collaborate with the community and government to strengthen child protection reporting mechanisms.

In Ifakara, schools lack adequate hygiene facilities, especially for girls. Together with local schools, Plan will support the development of 30 latrines with menstruation facilities for girls.

In Ifakara, 55% of the parents of Plan's sponsored children are not involved in income-generating activities due to a lack of capital. Plan aim to support these families by helping them participate in savings and loan programs.

Message from Plan Staff

"Thank you for your support, which has greatly benefited children from marginalised communities in Ifakara. We look forward to future collaborations with you, so that we can help more children in need across the country."



Ruth Kazoka,
Programme Unit
Manager, Ifakara.

The Plan Effect

Sponsored children are at the centre of everything we do, and they help plan our programmes based on what's important to them. Sponsors' donations are a gateway into a community. This helps build trust and credibility to attract even more funds from new sources. This makes more sustainable programmes possible in sponsorship communities. This powerful synergy is something we call The Plan Effect.

Progress in Numbers

428

girls now have
access to health
services

74

youth trained as
menstrual health
facilitators

640

teachers were
trained in early
childhood care

66

social workers
trained in child
protection cases